

PERSONAL ENRICHMENT • PROFESSIONAL DEVELOPMENT • BUSINESS SOLUTIONS

# CONTINUING EDUCATION

WINTER  
JAN-MAR '22



**CSI: Heartland**  
Inside cover

**Black History  
comes alive**  
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 **HEARTLAND**  
COMMUNITY COLLEGE  
[heartland.edu/continuingEd](http://heartland.edu/continuingEd)



Bill Lally's fingerprints are all over a brand-new class coming up in Continuing Education, and it's no mystery because he's a forensics expert regularly tapped by law enforcement. Lally's real-life experience lives within the course:

## The Real CSI: Fingerprinting.

Helping students dive into fingerprint technology is the first in a series of classes Lally will teach this winter. A second adult class will delve into evidence and techniques used in the recovery of crime scene information. For kids with a passion for mysteries and STEM, he'll teach them photography and measurement techniques used in helping solve a case.

For fans of CSI-type TV shows, Lally will do a little myth-busting.

"Crime dramas do a good job at entertaining us, but do little in the way of accurately portraying the role of forensics," Lally says. "Many times, TV shows depict the would-be detective arriving on scene where they collect crucial evidence which they take back to their lab and discover the identity of the suspect.

"The fact is, multiple people are involved in the investigation from crime scene processors, and laboratory technicians, to detectives and state's attorneys. However, this does not detract from the incredible information that can be obtained from a

variety of forensic techniques. What's more, the information that can be obtained becomes more awe-inspiring as new techniques are developed."

Lally is an expert in the field, graduating from the National Forensic Academy with a concentration in crime scene management. He has served as a police officer for over 20 years and still conducts investigations and processes crime scenes for police departments, and teaches criminal investigation classes at Illinois State University.

Lally offers these teasers for lifelong learners who take his class:

- Learn how fingerprints are formed and their characteristics.
- Discover how we leave our prints behind on surfaces and objects, and the techniques investigators use to document them.

So, put down the remote, join Lally and do some sleuthing of your own on March 17!

## On the cover:

Heartland Continuing Ed *The Real CSI: Fingerprinting* instructor Bill Lally examines fingerprints with a magnifying glass. The prints have been enhanced with fluorescent dusting powder.

*Heartland Community College is following the Governor's Executive Order requiring masks inside all campus buildings and outdoors in group settings, unless eating or drinking. We additionally encourage all Continuing Education students and campus guests to vaccinate or test weekly. College personnel and college students are required to verify Covid vaccination or provide weekly test results. See the College's Standard of Care and Courtesy for more information at [heartland.edu](http://heartland.edu).*

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**zoom**

Enjoy your favorite live classes from the comfort of your own home. Look for the Zoom icon!

To ensure a complete and valuable experience in your Zoom classroom, we recommend you use a device equipped with a functioning webcam such as a PC or laptop.



Educate at your own pace with open enrollment, online learning opportunities across dozens of subject areas.

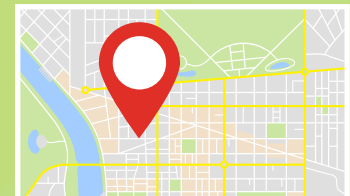
[ed2go.com/hcc](https://ed2go.com/hcc)



Sign up for two or more classes in this booklet and receive a 10% discount on each class. You must register and pay for all the classes at the same time. If you withdraw from a discounted class you will no longer be eligible for the discounted price unless you have at least two classes remaining on your schedule. If we cancel a class you will still be eligible for the discounted price.

• Does not include Truck Driver Training, off-campus trips, professional development, or online classes.

## OFF-CAMPUS LOCATION



**Unless otherwise stated, these classes are designed for adults 18 and over.**

Visit our website [www.heartland.edu/continuingEd](http://www.heartland.edu/continuingEd)

# Trips, Tours & Events



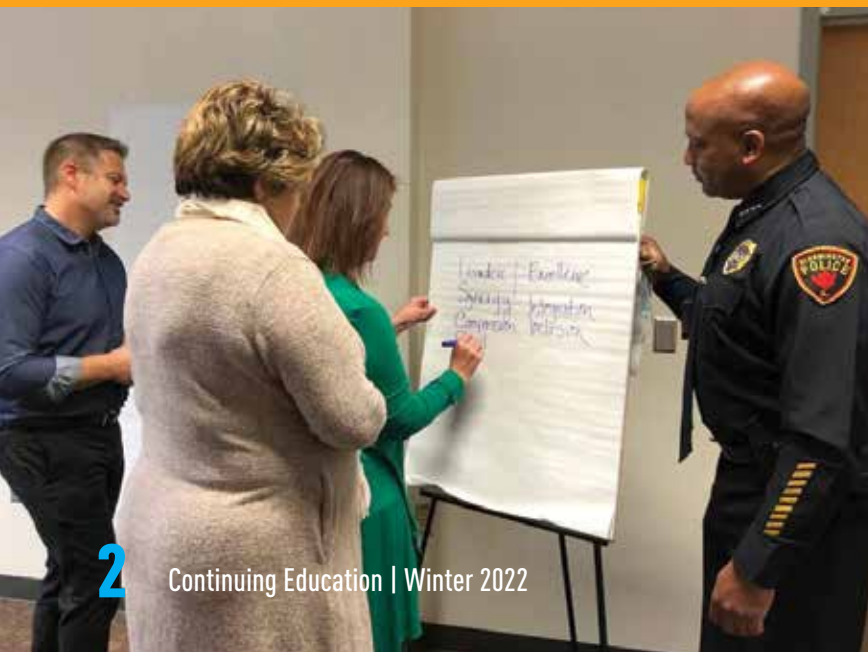
## Chicago Architecture Adventure NEW!

Explore the iconic historic and modern architecture of the Windy City. Enjoy a 90-minute walking tour of Tiffany glass masterpieces in the heart of Chicago and take in the exhibits at the Chicago Architectural Center. Along the way, you will relish the sights on a relaxing cruise of the three branches of the Chicago River, where an expert guide will share Chicago architectural history. Enjoy lunch on your own at one of the many eateries along the Chicago River Walk. Reservation deadline is Wednesday, 3/30. Sorry, no refunds after this date. Please call (309) 268-8160 to request a Pontiac pickup.

2189 Sec. A      Friday 4/29, 7AM-8PM  
\$149



## Business Solutions Showcase



## Save the Date!

Thursday, April 21

Navigating change is top-of-mind for professionals today. Our exciting new spring Business Solutions Showcase will address how to help employers and employees with that challenge. We'll offer free short sessions from experts on timely topics, including resolving difficult situations, the importance of resilience and humor in the workplace, and employee engagement during the "Great Resignation". Lunch is included, and there will be plenty of time to network! Mark your calendars and watch for more information in our spring Continuing Education booklet out in March and on social media!

## Let's Investigate!

### The Real CSI: Fingerprinting NEW!

Put your crime drama knowledge to the test and learn all about the processes involved in the recovery of fingerprints during real criminal investigations. Discover how fingerprints are formed, their characteristics, patterns, and how they get left behind on objects and surfaces. Explore and practice techniques investigators use to identify, document, and recover these individually unique impressions.

**Bill Lally**

2027 Sec. A

Thursday 3/17, 6-8:30PM

WDC Rm 1400

\$25



### Storm Chasing 101 NEW!

Ever wonder what it's like to be in the thick of the chase as a storm barrels through? Learn from a member of Illinois Storm Chasers about weather forecasting, preparedness, safety, and reporting on the most extreme weather Mother Nature has to offer. Understand the equipment used before, during, and after a chase, and how the collected science and data is used for future forecasting. Walk away with tried-and-true tips on how to responsibly get involved in the excitement of storm chasing. Please register by 3/3.

**Nick Bartholomew**

2121 Sec. A

Saturday 3/12, 1-4PM

WDC Rm 1006

\$79

### Reunited: Voyage to Mars Social Mission NEW!

Feel reunited with your person and your love for adventure as you explore Mars in the year 2076! You will be transported to our Space Station Simulator and work alongside a team to launch a probe to Mars' moons Deimos and Phobos, in the hopes of discovering locations suitable for life. Use your wits and skills to determine what happened to the water that once flowed on Mars and navigate the unknowns that await you there. Bring a partner and experience this out-of-this-world challenge together!

**Challenger Learning Center Instructor**

2133 Sec. A

Thursday 2/10, 6-9PM

Challenger Learning Center

\$49



# History & Culture



Courtesy McLean County Museum of History



## Black History in McLean County NEW!

Before the 1930s, very little of African American life and culture in McLean County had been documented. Gain insight into these fundamental missing puzzle pieces of our area's history in this course. Discover and discuss specific experiences of local Black and African American people. Learn the background of the Bloomington-Normal Black History Project and how to get involved. Leave class empowered by knowledge and motivated to keep listening, learning, and educating others.

**Jeff Woodard**

2200 Sec. A

Thursday 2/24, 6-7:30PM

WDC Rm 2004

\$15

## Introduction to German Culture

Gain insights into the history, food, geography, and traditions in the different regions of German-speaking countries. Whether you hope to better understand your ancestry, plan an overseas trip, or learn for personal interest, dive into German culture in this course and walk away with new knowledge, fun facts, and deeper appreciation for this influential region.

**Kory Carter**

2107 Sec. A

Wednesday (4 sessions), 3/9-3/30, 6-8PM

WDC Rm 1403

\$59

## The Cold War: The Early Years NEW!

The period following World War II saw a tense, oddly-charged conflict between the United States, the Soviet Union, and their respective allies. Learn how the Cold War was waged primarily on political, economic and propaganda-driven fronts instead of direct military efforts. Unpack the ideological differences between the U.S. and the Soviets to see how the Cold War originated. Discuss the Soviet Union's influence over Eastern Europe as well as major events like the Cuban missile crisis. Leave with a better understanding of a decades-long conflict that played a large role in shaping the modern world.

**Jeffrey Paisley**

2095 Sec. A

Wednesday (3 sessions), 2/16-3/2, 6-7:30PM

WDC Rm 1402

\$45

## The Vietnam War

The Vietnam War is one of the most debated U.S. military efforts in history. Examine the history of the Vietnam War as you dig through preceding ideological and international tensions that set the stage for the conflict. Investigate the events that sparked the war, coinciding issues at home, and major battles. Leave with enriched knowledge about a period in U.S. history that significantly shaped the later portion of the 20th century.

**Jeffrey Paisley**

2488 Sec. A

Tuesday (3 Sessions), 3/8-3/22, 6-7:30PM

WDC Rm 1402

\$45

# Connect. Engage. Learn.

## Follow Continuing Education on social media!

 Facebook: [continuingEd.hcc](https://www.facebook.com/continuingEd.hcc)  LinkedIn: [Heartland Community College](https://www.linkedin.com/company/Heartland-Community-College)  Instagram: [@kidsatheartland](https://www.instagram.com/kidsatheartland)

# Creative & Performing Arts

## Learn to Crochet

Learn and practice the single crochet, half double crochet, and double crochet. Work on several small projects like dishcloths, round hot pads, granny squares, and a winter scarf. You'll also learn how to crochet the top of a kitchen towel. This class will teach you how to read patterns and change yarn colors. No experience necessary.

**Kay Bowen**

1870 Sec. A

Monday (6 sessions), 2/7-3/14, 6:30-8:30PM

WDC Rm 1403

\$75 (plus \$7 supplies fee paid to instructor)

## Sculpting by Hand & Pottery Wheel NEW!

Create functional, one-of-a-kind ceramics! Fine-tune techniques on pinching, coiling, and building with clay, then move to the pottery wheel where you'll learn to throw cylinders, bowls, and whatever you can imagine. Whether you want to concentrate on sculpture, pottery, or both, your inspiration and goals will direct the type of work you create. Bring your ideas and leave with original pieces made in a cooperative and creative environment. No prior experience required!

**Claire Hedden**

2032 Sec. A

Thursday (6 sessions), 2/10-3/17, 9AM-12PM

ICN Rm 1408

\$169 (includes supplies)



## Intro to Fabulous Felting Techniques NEW! 📍

Learn basic needle felting techniques to create beautiful and practical wool art. Practice your skills as you make items like pouches and scarves, and decorative pieces like garlands, ornaments, and even jewelry! "Paint" a landscape with wool and complete the piece with a 3D whimsical wooly character. Take home all your creations, excited to make more!

**The Little Art School Instructor**

2039 Sec. A

Wednesday (6 sessions), 3/16-4/20, 6-8PM

The Little Art School

\$139 (plus supplies)

## Sewing for Beginners

Start with the basics: fabric, supplies, and pattern selection. Learn how to read a pattern, straighten fabric, and measure accurately. Then, practice your new skills by completing a project designed for a novice. By the end of class, you'll know basic techniques that you can apply to any simple sewing project. Bring your own machine, manual, and attachments. You will receive a list on the first night of class for additional supplies needed.

**Dee Thompson**

2130 Sec. A

Monday (5 sessions), 2/21-3/21, 6-8:30PM

WDC Rm 1400

\$89 (plus materials, and \$3 supplies fee paid to instructor)



# Creative & Performing Arts



## Getting to Know Your Sewing Machine

Put your sewing machine to work. Learn how to stitch a blind hem, make buttonholes, insert a zipper, and more. Review basic maintenance techniques to keep your machine in tiptop running condition. Bring your own machine, manual, and attachments. Your instructor will teach you how to use the accessories in your attachment box.

**Dee Thompson**

**1872 Sec. A**      **Monday (2 sessions), 2/7-2/14, 6-8:30PM**  
**WDC Rm 1400**  
**\$39 (plus \$3 supplies fee paid to instructor)**

## Quilting Basics

The joys of quilting are only a stitch away. In this introductory class you'll learn to use a rotary cutter, press seams, and assemble and finish your own lap quilt. Explore quilting basics: choosing fabric, color values, and the supplies you'll need. Basic sewing skills are required, and you must have access to a sewing machine outside of class. You will receive a supplies list on the first night of class.

**Kay Bowen**

**1875 Sec. A**      **Wednesday (6 sessions), 2/9-3/16, 6-8:30PM**  
**WDC Rm 1400**  
**\$95 (plus supplies)**

## Intermediate Knitting: Lace and Beading

Fancy up your knits with the dainty and delicate touch of lace and beads. Begin with the basics of knitting lace, starting with reading and understanding charts. Once you're confident in this skill, you will learn common lace stitches and patterns, and later, practice adding beads of your choice. Leave this course excited about advancing your knitting know-how.

**Melinda Baur**

**1877 Sec. A**      **Tuesday (3 sessions), 3/8-3/22, 6-8PM**  
**WDC Rm 1403**  
**\$45 (plus supplies)**

## Knitting Socks with Magic Loop

Ditch the double-pointed needles and watch socks appear before your eyes using the magic loop technique. Learn how to utilize this method to knit each section of a sock — from cuff to toe. Besides socks, you will explore additional uses for the magic loop, including hats, sleeves, and more. Leave class a master of the magic loop, ready to apply your newfound knowledge to future projects.

**Melinda Baur**

**1879 Sec. A**      **Tuesday (4 sessions), 2/8-3/1, 6-8PM**  
**WDC Rm 1403**  
**\$59 (plus supplies)**



— ed2go —

## Drawing for the Absolute Beginner

Gain a solid foundation in the basics of 2D drawing and get ready to grow into the artist you've always wanted to be. Get intimately familiar with foundational concepts like paper type, artistic styles and techniques, as well as the principles of perspective, layout, volume, lighting, and design. Complete this course ready to further explore your artistic voice and build upon your newly-sharpened skills!

**\$100 [ed2go.com/hcc](https://ed2go.com/hcc)**

## Jewelry Making for Beginners

Design your own wearable works of art. Sample two ways to make jewelry at home without having to invest in specialized tools. Learn basic polymer clay sculpting and wire wrapping techniques. Enjoy bringing your unique style to your designs. Walk away from each class with completed pieces and feeling inspired to continue creating.

**Jennifer Bethmann**

**1881 Sec. A** Tuesday (2 sessions), 3/15-3/22, 6-8PM  
SCB Rm 1802  
**\$35 (plus \$20 supplies fee paid to instructor)**

## Small Group Piano Lessons NEW!

It's never too late to learn the piano. Begin with the building blocks: note reading, hand positioning, posture, and keys, then progress to simple melodies and songs. Practice playing different pieces in an encouraging small group setting with others who are also exploring their passion for music. Receive feedback to strengthen and solidify your new skills, and complete this course excited to continue your journey with the instrument! Ages 16 and up are welcome.

**Sidney Megeff**

**2044 Sec. A** Tuesday (6 sessions), 3/1-4/5, 6-7:30PM  
WDC Rm 1006  
**\$65 (plus supplies)**



## An Introduction To Voiceovers: Getting Started In Voice Acting 🎤

Perhaps you listen to your favorite audiobooks or cartoon characters and think, "I could do that!" If so, seize the moment and see what it takes to become successful in the on-the-rise, remote voiceover industry! Sit down with a professional voice actor in this unique one-on-one, video chat session. Over the course of 90 minutes, you will get introduced to this unique performing art form, including types of voiceovers and the tools you need to set up and work successfully from home. Read a real script and receive coaching on how to improve your delivery. After class concludes you will also receive a professional voice evaluation. Walk away with clarity on how to continue your voiceover journey! You must be 18+ to participate, have internet access, and video chatting capabilities. Please register by 3/16.

**Voices for All Instructor**

**2106 Sec. OA** Date flexible according to your availability,  
determined with instructor  
**ZOOM**  
**\$49**

# Essential Workplace Skills



[heartland.edu/ews](https://heartland.edu/ews)

4.0 PD hours for K-12 educators available for each completed EWS session!

- \$10 off each course when you sign up for
- all sessions.

Promote critical workplace behaviors and ensure incumbent workers are set up to succeed, regardless of industry. Created with insights from over 140 employers and developed with industry professionals, the Essential Workplace Skills (EWS) provide an intentional and consistent approach to soft-skills training. In addition, each workshop delivers action plans for immediate, on-the-job integration. Open enrollment or customized trainings available.

## Communicating Effectively

Communication drives workplace engagement. In this session, get more strategic about communication as a professional skill. Tune into your personal communication style and compare it to that of your peers, supervisors, and customers. Learn how to customize your approach and get the best results. Understand what to get right in managing in-person, written, and digital interactions to prevent conflict and promote productivity. Leave with new methods for connecting to others at work and contributing as a high-performing employee.

**Jennifer Keith**

2047 Sec. A

Tuesday 2/15, 8AM-12PM

WDC Rm 1402

\$60

## Practicing Professionalism at Work

A true professional is one who adds value to their organization. In this session, cross check your professionalism against best practices. Learn how to positively influence coworkers and customers, relate to diversity, and adapt to various work environments. Understand how to use feedback to improve performance and be seen as a problem-solver. At the end of the session, you will have new tools that help you contribute to a healthy and positive workplace.

**Carol Burrell**

2050 Sec. A

Tuesday 3/22, 8AM-12PM

WDC Rm 1402

2053 Sec. AP

Thursday 4/14, 8AM-12PM

Heartland Community College Pontiac Rm 220

\$60

## Thinking Critically at Work NEW!

Boost your value at work by being seen as an effective problem-solver. In this session, explore the skills and strategies behind critical thinking — what it is and how to show it. Practice the ability to adopt multiple perspectives, analyze different data, and tackle complex issues collaboratively. Explore techniques for evaluating solutions and communicating them to key stakeholders. Walk away with confidence that you know how to generate improvements to benefit yourself, your team, and the organization.

**Carol Burrell**

2056 Sec. A

Wednesday 3/2, 8AM-12PM

WDC Rm 1402

\$60

## Understanding Customer Service Essentials

Inclusive and cross-generational workplaces are today's professional norm. In this session, assess your customer-centricity and learn how to maintain and improve trust. Expand communication skills, including use of technology, to serve internal and external customers equally well. Learn recovery steps that rebuild customer loyalty. Leave ready to provide professional customer-service excellence regardless of title or industry.

**Jennifer Keith**

2059 Sec. A

Wednesday 4/6, 8AM-12PM

WDC Rm 1402

\$60

## Navigating Challenges & Stressors

Stressors at work create opportunities to rethink our responses and habits. In this session, identify challenges in your professional life and what contributes to them. Adopt strategies such as a proactive mindset and what-if thinking to anticipate problems before they arise. Grow your emotional intelligence to improve encounters with peers, supervisors, and customers. Explore how attending to your whole self affects your professionalism and career path. Leave with an action plan that promotes resilience in the face of workplace demands.

**Jennifer Keith**

2062 Sec. A

Thursday 4/20, 8AM-12PM

WDC Rm 1402

\$60

## Advancing Equity, Diversity & Inclusion

Equity, diversity, and inclusion are among today's most critical commitments for employers and employees alike. In this session, learn how top-ranked organizations put those commitments into action. Explore how to approach and improve interactions with others, so they feel involved and respected. Walk away with a plan to address implicit bias and contribute to an inclusive, high-performing workplace.

**Carol Burrell**

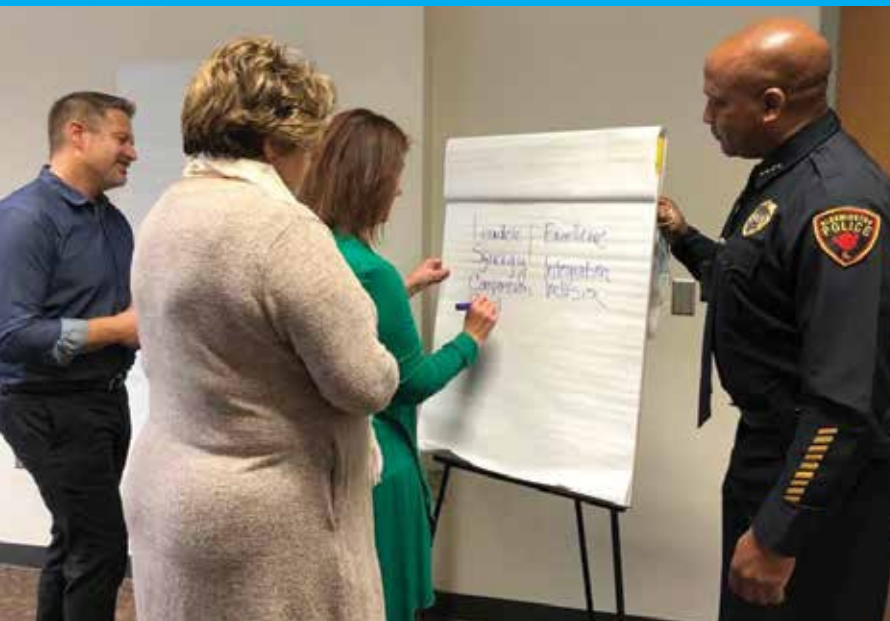
2065 Sec. A

Thursday 5/5, 8AM-12PM

WDC Rm 2004

\$60

# Business Solutions Showcase



## Save the Date!

Thursday, April 21

Navigating change is top-of-mind for professionals today. Our exciting new spring Business Solutions Showcase will address how to help employers and employees with that challenge. We'll offer free short sessions from experts on timely topics, including resolving difficult situations, the importance of resilience and humor in the workplace, and employee engagement during the "Great Resignation". Lunch is included, and there will be plenty of time to network! Mark your calendars and watch for more information in our spring Continuing Education booklet out in March and on social media!

# Fundamental Supervisory Skills



[heartland.edu/fss](https://heartland.edu/fss)

\$10 off each course when you sign up for all sessions.

Effective supervision drives quality results and fosters employee retention. Help your organization realize its potential by giving supervisors the opportunity to better understand and demonstrate the skills critical to individual and team success. In Fundamental Supervisory Skills, participants will learn how to balance employee empowerment with engagement and explore tools that promote clear communication. Participants will leave with new strategies for supporting direct reports and ensuring day-to-day efforts yield big-picture impact.

## Balancing Authority & Influence

Supervisors are uniquely positioned in the organization. In this session, explore the role of supervisor and better understand where authority begins and ends. Reflect upon and grow your influence in order to empower your direct reports to take personal responsibility for their task completion. Gain new perspectives on coaching, motivation, and accountability. Leave with greater confidence in your supervisory style and more comfortable in your link between the frontline and management.

**Carol Burrell**

2068 Sec. A

Wednesday 2/23, 8:30-11:30AM

WDC Rm 1402

\$60

## Sparking Employee Excellence

Take the guesswork out of employee performance. In this session, learn how to set clear expectations for your employees without micromanaging. Adapt approaches to assigning work, delegating, and being inclusive, to allow employees to take more ownership and show their capability. Build trust in employees' ability to work remotely or with little direct oversight. Draft a personalized action plan to use on the job to successfully oversee employees and recognize their accomplishments.

**Julie Navickas**

2071 Sec. A

Thursday 3/10, 8:30-11:30AM

WDC Rm 1402

\$60

## Making Feedback & Evaluation Meaningful

Supervisors' words have a powerful effect in the workplace. In this session, grow more intentional about what you say and how to ensure feedback is linked to action. Reevaluate your approach to new hire and employee evaluations to prevent missing coaching and relationship-building opportunities. Recognize the value of ongoing and transparent communication about employees' strengths, areas for improvement, and roles. Leave with both a mindset and model to consistently reinforce positives and address gaps to overcome.

**Carol Burrell**

2074 Sec. A      Wednesday 3/30, 8:30-11:30AM  
WDC Rm 1402  
\$60

## Resolving Difficult Situations

Supervision isn't always easy. In this session, explore approaches to difficult situations, including conflicts with employees and customers. Recognize contributors to poor communication, performance, and service. Learn how to respond appropriately while taking advantage of an opportunity to build employees' skills. Understand when and how to involve management. Walk away with a toolbox for helping the frontline resolve challenges and preserve relationships.

**Julie Navickas**

2077 Sec. A      Thursday 4/28, 8:30-11:30AM  
WDC Rm 1402  
\$60

## Leading Through Change & Transition

As an organizational go-between, supervisors have to monitor changes at both employee and management levels. In this session, strengthen resilience to change. Understand how to better support your team as new expectations, targets, or realities come its way. Expand on the concept of "growth mindset," so change is positioned as an opportunity, not a threat. Learn steps to take when introducing and implementing change and know what data to monitor for reporting progress. Leave with greater readiness to lend a steady hand when the work environment is in flux.

**Julie Navickas**

2080 Sec. A      Thursday 5/12, 8:30-11:30AM  
WDC Rm 2004  
\$60

## Meet Our Instructors:



**Julie Navickas**

**Bio:** Julie has been an instructor with Continuing Education since spring 2020. She's an academic adviser and instructor in the School of Communication at Illinois State University, bringing with her a wealth of educational experience and passion for growing young minds. Julie is an alum of the Multicultural Leadership Institute and Leadership McLean County and works part time at Burning Soul Press as an impact manager and social media strategist for Labyrinth Made Goods. She is also a traditionally published author of contemporary romance with Inkspell Publishing.

**What she teaches:** During her time with Continuing Education, Julie has become one of our core instructors for the Fundamental Supervisory Skills series, and has also instructed numerous workshops on team building, coaching, study success skills, public speaking, publishing, business writing, and presentations skills. Julie will be teaching numerous classes this winter and spring, including these new classes for in-demand skills: Beginner Blogger Workshop, Interviewing Skills, Make an Impact: Know Your Brand, and Public Speaking. Check out her current classes on pages 10, 11, 14 & 25.

*"I'm a lifelong learner. And it's incredible to be part of a team that shares that same value. For any course I instruct, I always want students to walk away with a new outlook — a new piece of knowledge — or a new lens on an old topic. Learning is a fundamental part of our evolving selves and it's incredible to meet like-minded individuals to share in the conversation."*

# Truck Driver Training



Scholarships are available for Nussbaum Trucking Academy at Heartland Community College. Call (309) 268-8448.



## Nussbaum Trucking Academy at Heartland Community College

**Are you looking for a career and not just another job? Consider becoming a professional truck driver. Nussbaum Trucking Academy at Heartland Community College will open the door to a lifetime of opportunities!**

You will receive classroom training for the CDL Learner's Permit, 8 hours of *Essential Workplace Skills* training in communications and customer service, and behind-the-wheel training in an automatic or manual transmission semitractor-trailer. The course also covers state and federal regulations, log books, map reading, trip planning, and complete vehicle training to prepare you for an entry-level position in the transportation industry. At the end of the course, you will take a Class "A" License Road and Skill Test, administered by the Illinois Secretary of State's Office. For more information, call (309) 268-8448 or email [truck.driver@heartland.edu](mailto:truck.driver@heartland.edu).

## Careers

### Become an Eye Care Assistant NEW!

Discover a bright future working in health services as an eye care assistant in optometry and ophthalmology! You'll be introduced to the role of ophthalmic assistant and learn about patient care, anatomy of the eye, and professional skills to be successful. Participants will leave this class with the tools to join the rapidly growing eye care industry and be prepared to take the Certified Ophthalmic Assistant (COA) exam through the Joint Commission on Allied Health Personnel in Ophthalmology (JCAHPO).

**Joshua Williams**

**2188 Sec. A** Tuesday (8 sessions), 2/15-4/5, 6-8PM  
ICN 1301  
\$395

### Water Treatment Operator Review NEW! Class A & B

Water and wastewater plant operators are in short supply in Illinois and across the country. Receive an introduction to the skills and knowledge needed to enter this essential industry. After completing this course, you will be equipped with the necessary knowledge to pass the licensing exam and become a certified operator. Leave prepared to take next steps toward employment in this field.

**David Shafer**

**1983 Sec. A** Wednesday (10 sessions), 2/9-4/13, 6-9PM  
WDC Rm 2004  
\$425 (plus textbooks)



### ServSafe Food Protection Manager

The state requires all food service establishments be under the supervision of a certified food protection manager. This hands-on course will prepare you to earn an ANSI accredited food safety certification from the National Restaurant Association. The exam is proctored on site at the end of the second day. You will learn the importance of food safety through lecture, demos, hands-on activities and personal experiences from our certified ServSafe instructor.

**Scott Rowan**

**1977 Sec. A** Wednesday 3/23, 9AM-3PM  
& Friday 3/25, 9AM-2PM  
WDC Rm 1402  
\$145 (includes exam)

### Food Protection Manager Certification

Illinois regulations require food establishments to have at least one certified food protection manager (CFPM) on staff. This course uses the National Registry of Food Safety Professionals examination, which is approved by the American National Standards Institute. You will learn about basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation. Certification is required every five years.

**U of I - Extension Instructor**

**2043 Sec. A** Wednesday 4/6, 9AM-3PM & Friday 4/8, 9AM-2PM,  
WDC Rm 1403  
\$125 (includes exam)



# Professional Development



## Heartsaver CPR/AED/First Aid

Heartsaver CPR/AED/First Aid is for anyone who wants to learn basic CPR and first aid skills. You will learn cardiopulmonary resuscitation (CPR), how to provide breaths with a barrier device, how to relieve an airway obstruction, and how to use an AED (automated external defibrillator). The basic principles of first aid will be covered as well. A CPR/AED/first aid certification card will be emailed after successful completion of the hands-on first aid skills and manikin practice. Certification is valid for two years. Certification is approved by DCFS for day care providers. This class is not intended for healthcare professionals.

**Dawn Wilson**

2119 Sec. A

Saturday 3/5, 8:30-11:45AM

WDC Rm 1402

**\$65 (includes certification card)**

For additional CPR training locations and times, please check with Carle BroMenn Medical Center at [Carle.org/events](https://www.carle.org/events).



## Business

### Interviewing Skills NEW!

Learn the secrets of successful interviews. Preparation is the key to a great interview but do you know where to start? We will walk you through each step to prepare for your big day. You'll also learn what to expect during the interview and after the interview. This class will help you gain confidence and manage your interviewing anxiety.

**Julie Navickas**

2046 Sec. A

Thursday 2/17, 1-3PM

WDC Rm 1402

**\$29**

### Make an Impact: Know Your Brand NEW!

How you define yourself is everything: it helps you land dream jobs, make strong first impressions, and build self-assurance. Discover how to establish and live out your own personal brand. Create a personal mission statement and explore how to apply it to your social media presence, an elevator pitch, and more. Walk away more tuned into yourself and how you aspire to influence the world around you.

**Julie Navickas**

1985 Sec. A

Monday 2/28, 6-7:30PM

WDC Rm 1402

**\$25**

## Getting the Most Out of LinkedIn NEW!

Useful to job seekers and businesses alike, LinkedIn can be a great tool to build and strengthen your professional networks. Learn how to optimize your profile with a focus on meaningful messaging, headlines, experience summaries, and defining your goals. Receive tips on how to effectively engage on the platform and expand your network. Leave better equipped to leverage LinkedIn to advance your professional pursuits.

**Ashlee Sang**

2163 Sec. A

Thursday 3/24, 6-9PM

WDC Rm 1405

**\$35**

## Social Work

### Implications of Implicit Bias NEW!

Even in a world mindful of diversity and inclusion, we are guilty of implicit bias: the unconscious tendency to judge people based on past experiences. At times, it's even hard for us to notice that bias is happening. In this class, take the time to explore the nature of implicit bias and discover strategies to minimize bias in the classroom and workplace. This workshop is worth 3 PDs for educators.

**Mayuko Nakamura**

1978 Sec. 0A

Wednesday 3/9, 4-7PM

ZOOM

**\$49**

## Youth Mental Health First Aid NEW!

Learn how to help an adolescent who's battling a mental health challenge or crisis. Gain insight into common mental health challenges for youth and typical adolescent development. Discuss anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. Take away a five-step action plan that you can implement to help young people in your life. This workshop is worth 8 PD or 8 CEU hours. Lunch will be provided.

### U of I - Extension Instructor

**1984 Sec. A**      Thursday 3/3, 8AM-4:30PM  
WDC Rm 1402  
**\$49 (lunch included)**



# Online Professional Learning

## The Keys to Project Management Success

Exceptional project managers are in high demand in today's business environment. Gain the skills, tools, and templates essential to develop and maintain any initiative. In this three-part course, expand on your experience by exploring the five project management processes and 10 project management knowledge areas. Complete this three-part course and be ready to confidently step into any project management role.

### UGotClass Instructor

**2020 Sec. OA**      2/7-4/29  
ONLINE  
**\$495**

## Effective Copywriting

Strong writing skills are indispensable for both personal and professional communications. Learn copywriting best practices and tips for crafting concise, attention-grabbing messages. Understand the importance of editing and writing with awareness of your audience. Walk away with tools to improve your copywriting skills and strategies for setting your messaging apart.

### UGotClass Instructor

**2022 Sec. OA**      3/7-4/1  
ONLINE  
**\$195**

## Introduction to Coding

Understanding and applying coding concepts is not limited to the computer science field. In this course, get introduced to essential programming languages and their uses. Learn the basics of HTML, CSS, and JavaScript and apply your knowledge through exercises in drawing, animation, and webpage design. Leave class equipped with new skills and be competent in coding fundamentals.

### UGotClass Instructor

**2023 Sec. OA**      2/7-3/4  
ONLINE  
**\$195**

## Power BI

Gain insights into your company's data using business intelligence (BI) software. In this three-part course, discover how to effectively extract, transform, and load data using the Power BI Microsoft analytics tool. Create interactive graphics like charts, maps, and more to synthesize information for reports and gain knowledge for better decision-making. Complete this three-part course and walk away with advanced expertise on Power BI Desktop.

### UGotClass Instructor

**2025 Sec. OA**      2/7-4/29  
ONLINE  
**\$495**

## Connect. Engage. Learn.

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 LinkedIn: Heartland Community College



## Excel 2016: Transforming Raw Data to Charts

In a world run by data, it's imperative to keep up with the trends and innovation, and Excel is a powerful application to do so. In this course, explore Microsoft Excel's features for transforming numerical data into easy-to-interpret visual charts. No matter who or what you're crunching numbers for, walk away with the ability to extract actionable, organizational intelligence from your raw data. Prerequisite: familiarity with Excel 2016.

**Jennifer Dyehouse**

**1993 Sec. A**      **Wednesday 3/16, 6-8PM**  
**WDC Rm 1404**  
**\$55 (includes textbook)**

## Intro to Excel

Excel is a powerful tool for organizing data, but it can be overwhelming at first. This course is designed primarily for beginners, but longtime spreadsheet users can also learn many valuable tips and techniques. Topics include developing and editing worksheets using cut, copy, paste, and fill commands. You'll create a wide variety of formulas and learn some of the most popular built-in functions. The class also covers customizing reports and how to visually represent data with charts and graphs.

**Jennifer Dyehouse**

**1987 Sec. A**      **Tue/Thu (4 sessions), 2/22-3/3, 6-8:30PM**  
**WDC Rm 1405**  
**\$149 (includes textbook)**

## iPhone & iPad Basics

Get comfortable and confident using your iPhone or iPad. Bring your own Apple iOS® device and discover how to master its essential functions in this hands-on workshop. Learn how to set up your device, change your preferences, and navigate core features of the operating system. Leave with tips and tools to make your mobile device most effective for you. Please note: Universal functions will be taught; specific apps will vary.

**Jennifer Keith**

**1995 Sec. A**      **Thursday 2/17, 6-8PM**  
**WDC Rm 1405**  
**\$29**

## iPhone & iPad Next Steps

Advance your knowledge to get the most out of your Apple device. Walk through the process of adding shortcuts to your frequently used apps to maximize efficiency and convenience. Learn how to shoot, edit, organize, and share photos like a pro. Collect strategies to keep your data secure and walk away knowing how to customize your device to your specific needs. Please bring your own iPhone and/or iPad to class.

**Jennifer Keith**

**1997 Sec. A**      **Thursday 3/24, 6-8PM**  
**WDC Rm 1404**  
**\$29**

— ed2go —

### Intro to Microsoft Project 2016

Become the office go-to person for keeping projects on track by using this popular project management software to plan, implement, and control projects, track costs and resources, and generate reports. You'll learn how to organize all your projects' details quickly and effectively and master techniques to solve any problems that may arise.

\$129 [ed2go.com/hcc](http://ed2go.com/hcc)



### Share your skillset with your community!

Become a Continuing Education instructor for Fall 2022 classes. Use your knowledge, skills, and passion and earn extra cash while doing it. For more information, contact April Fornero at (309) 268-8706.



### Sign up now for fun over spring break!

Classes include cooking, guitar for first-timers, a Mars mission, babysitting, and photography. Check out our offerings on pages 26-27.



### Attention Beverage Alcohol Sellers & Servers

State-required BASSET Training available. Call (309) 268-8193 for a custom staff training.

# Health & Wellness



## Dessert & Dancing

Invite your lovebird to celebrate Valentine's Day in a new way this year! In this holiday course specifically designed for couples, spend a romantic evening sampling delicious desserts and swaying around the room. Enjoy introductory lessons for some classic slow dances like the waltz, rumba, two-step, and more. Leave with a satisfied sweet tooth, some new moves, and a night to remember. No prior dance experience required.

### Cathy Hempstead

2018 Sec. A Friday 2/11, 6:30-9PM  
CCB Rm 1406/07  
\$65 (per couple)

## Social Dance

Hit the dance floor with confidence and class! Grab a pal and enjoy this energetic, popular wedding prep class, featuring basic patterns in swing, waltz, and Nightclub 2-Step. Get ready to loosen those hips as you learn a variety of well-known steps and choreography commonly played by DJs and bands. From light rock and country to musical selections from the '50s and '60s, your new skills will soon put you in the center of the dance floor!

### Cathy Hempstead

2103 Sec. A Thursday (5 sessions), 2/17-3/17, 6-7:15PM  
ACEC Auditorium Rm 2400  
\$69 (per person)



## Yoga I

Leave stress behind and re-energize your body and mind. In this class, you will work on basic postures, proper breathing, mindfulness and deep relaxation. Learn to move safely within your personal ability to increase strength and flexibility. Prior yoga experience is not necessary. Please bring a yoga mat and water.

### Nancy Norkiewicz

2016 Sec. A Tuesday (6 sessions), 2/15-3/22, 6-7PM  
CDL Rm 1201  
\$69

## Complete Meditation

Meditation plays an integral role in many people's lives, but for those who are unaccustomed to the discipline, it can appear foreign and unclear. In this class, you will encounter meditation and its techniques, understanding the wide range of physical, psychological, and emotional benefits it provides. Learn how to move beyond your body and mind to enter a true state of meditation. Leave with the knowledge to replicate and incorporate this healing habit at home.

### Ashlesha Raut

2002 Sec. A Thursday 2/24, 5-8PM  
WDC Rm 1402  
\$29

## The Power of Happy Thoughts

You have a say over how you feel. Take steps toward living a joyous, meaningful, and fulfilled life. This class will provide insight on how to raise your happiness quotient by understanding the three laws of the mind. Practice applying these laws personally to push through mental blocks and transcend self-limiting, degrading, and negative thoughts. A serene meditation session will be included.

**Ashlesha Raut**

**2000 Sec. A**      **Thursday 2/10, 5-8:30PM**  
**WDC Rm 1402**  
**\$29**

## Solid Core & Tummy Toning

Engaging your core is key for nearly any type of exercise and prioritizing a strong core can keep you fit for life. So squeeze those abs and add to your current exercise routine as you work to pursue your personal fitness goals. Leave class knowing how to implement exercises that target your core and abdomen and how to reap the maximum benefit for your body type. This class is a great complement to the Barre Body class.

**Michelle Masi**

**2127 Sec. A**      **Wednesday (5 sessions), 2/23-3/23, 6-7PM**  
**FRC Rm 1020**  
**\$45**



## Fitness & Recreation Center Community Access

Experience the health and wellness opportunities that Heartland's Fitness and Recreation Center has to offer. Enrollment in this program provides access to everything you need to improve your fitness level, including treadmills, ellipticals, free weights and weight machines. You can also use the walking track, dance studio, and the 10,000-square-foot gymnasium complete with four basketball standards that double as volleyball courts. Access to the locker room and a towel service are included. Ages 16 and up only.

**2126 Sec. AOR**      **Mon-Sat, 1/24-5/21**  
**Hours: Mon-Fri 6AM-8PM, Saturday 8AM-4PM**  
**Sundays closed**  
**HCC Fitness & Recreation Center**  
**\$99**



# Home, Garden & Pets



## Design a Memorial Garden NEW!

Turn your memories into a garden and unearth the emotional healing effects of landscaping. Explore how memorial gardens can be created in any size, for major events or personal losses. Learn about the symbolism of different plants and how to choose and arrange them based on their growing needs and meaning. Draw up your own garden plan and leave class ready to honor loved ones with the beauty of nature.

**Kevin Hoop**

2115 Sec. A

Saturday 3/12, 9-11AM

WDC Rm 1402

\$19

## Tackling Problem Behaviors in Dogs

Ensure a thriving relationship between you and your dog while addressing various negative canine behaviors, with a focus on separation anxiety. Identify the catalysts of your dog's negative behaviors, develop a plan for your pet, and put it to the test with expert guidance from the director of Illinois State University's Canine Behavior and Cognition Lab. Walk away with resources to better understand your dog and gain techniques to reduce unwanted behaviors.

**Val Farmer-Dougan**

2092 Sec. A

Saturday (2 sessions), 2/26-3/5, 9-10:30AM

WDC Rm 1402

\$25

## Bring New Life to Your Older Home: NEW! Maintenance & Repair

Tap into the individuality of your property and highlight your home's history by learning how to plan and execute meaningful home repairs. Discover the local resources available to you and how to make cost-effective decisions during your projects. Walk away with new skills and the knowledge to care for your property for years to come.

**Quentin Rabideau**

2117 Sec. A

Monday (2 sessions), 2/28-3/7, 6-8PM

WDC Rm 1006

\$35 (plus \$5 supplies fee paid to instructor)

## Ikebana: Japanese Flower Arranging for Beginners

Enrich your home, body, and soul with Ikebana — the Japanese art of flower arrangement. Explore the theory behind the ancient practice, emphasizing form and balance, and how to tie it into your arrangement's construction. Unlock reduced stress and add more life to your surroundings through this calming craft as you create your own masterpiece in a container you bring along to beautify your home.

**Anuja Deshpande**

2113 Sec. A

Thursday 3/10, 6-8PM

WDC Rm 1400

\$19 (plus \$10 supplies fee paid to instructor)

## Backyard Beekeeping

Learn the basics of backyard beekeeping and get started with a fulfilling hobby that benefits bees, our food system, and the planet. Discuss necessary equipment, safety practices, ideal sites for hives, and properties of different hive types. Understand some of the threats that bees face today and connect with other members of your local beekeeping community. Leave class with the knowledge and next steps for small-scale beekeeping!

**Polly Bedford**

**2180 Sec. A**      **Saturday 2/12, 9AM-12PM**  
**WDC Rm 1402**  
**\$25**

## Next Steps in Beekeeping NEW!

Let's do as the bees do and get busy! Dive into this buzzworthy workshop, taught by a member of the Central Illinois Beekeepers Association who will provide you with the beekeeping knowledge you need to start your own hive. Investigate topics like best winter practices, beehive smoker use, beekeeping and the law, how to do inspections, care of bees through each season, and unpack the process of extracting, bottling and selling honey! Course cost includes smoker and hive tool to take home.

**Patti Koranda**

**2094 Sec. A**      **Saturday (2 sessions), 3/19-3/26, 1-5PM**  
**WDC Rm 1006**  
**\$99 (includes supplies)**

## Tree Planting Fundamentals

Trees add character, beauty, and life to homes and communities, but improperly planted trees — while still environmentally beneficial — can cause significant damage to infrastructures. Cure cabin fever and explore planting fundamentals as you learn how to properly plan for, plant, and care for a variety of tree species. Leave equipped with the knowledge and confidence to plant and maintain trees that will be enjoyed by humans and wildlife for generations.

**Kevin Hoop**

**2090 Sec. A**      **Saturday 2/19, 9AM-12PM**  
**WDC Rm 1402**  
**\$25**



## Introduction to Welding

Discover the extensive world of welding in this introductory class. Whether for personal or professional purposes, become familiar with the basics of stick (SMAW), MIG (wire) and oxy-acetylene gas welding methods, along with safe operating practices. Apply what you learn in class during a hands-on lab time. The instructor will provide materials, but you are also invited to bring projects from home.

**Dennis Ludwig**

**2036 Sec. A**      **Sunday (5 sessions, does not meet 2/13), 2/6-3/13, 1-4PM**  
**WDC Rm 1004**  
**\$245**

**Multiple Course Discount**

Sign up for two or more classes in this booklet and receive a 10% discount on each class. You must register and pay for all the classes at the same time. If you withdraw from a discounted class you will no longer be eligible for the discounted price unless you have at least two classes remaining on your schedule. If we cancel a class you will still be eligible for the discounted price. *Does not include Truck Driver Training, off-campus trips, professional development, or online classes.*

# In the Kitchen



## Scones Galore

Sweet or savory, fruit-filled or frosted, a scone is a super special treat. Collect recipes and tips from an expert scone maker. Finely tune your technique as you make (and sample!) cheddar bacon, triple chocolate, and orange cranberry American scones in class. Served with butter, jam, syrup or even a runny egg yolk, scones pair with your morning coffee, afternoon tea, or your favorite nightcap. Leave class a total scone-head, ready to make your own perfect, mouthwatering scones at home.

**Michelle Schneider**

1883 Sec. A      Wednesday 2/16, 6-9PM  
SCB Rm 1802  
\$45

## The Basics of Plant-Based Cooking NEW!

Let us show you how to whip up a delicious plant-based meal: We're talking not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. Collect and perfect new recipes that you can make and devour at home! Experience a hands-on three-course meal demonstration and gather insight on how to take your favorite meals and give them vegan or plant-based makeovers. Explore what plant-based and vegan diets consist of, and understand the fun, tasty and convenient options that you can incorporate into your own health journey.

**Chemberly Cummings**

1893 Sec. A      Thursday 2/24, 6-8PM  
SCB Rm 1802  
\$39

## Spice Blends

Augment and enhance the flavors of your favorite recipes with spices. Learn how to measure and balance proportions to create classic and signature spice blends. Explore the aromas of different blends and discover their surprising therapeutic benefits. Master this crucial culinary skill that will be beneficial for all future flavoring endeavors.

**Anuja Deshpande**

1885 Sec. A      Wednesday 3/2, 6-9PM  
SCB Rm 1802  
\$45

## Baking Basics: Vegan Goodies NEW!

Plant-based eating: expensive, tasteless and time-consuming, right? WRONG! Myth bust with us while learning to take your favorite dessert recipes and transform them into delightful vegan treats. Even if you have no plans to go plant-based, enhance your kitchen wisdom through immersive demonstrations, time-saving prep tips, and hands-on practice with different ingredients that'll give beloved recipes an earth-conscious refresh. Walk away feeling confident about diving into plant-centric cooking at home.

**Chemberly Cummings**

1895 Sec. A      Thursday 3/17, 6-8PM  
SCB Rm 1802  
\$39

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 Facebook: [continuingEd.hcc](https://www.facebook.com/continuingEd.hcc)



### Pairing Brews & Food NEW!

Combine your love for food and beer by discovering how to pair them like an expert brewmaster. Join the founder/head brewer of Lil Beaver Brewery along with its head chef for a fun-filled evening of sampling, education, and craft beer! Learn the basics behind different beer styles, then explore how the various flavors can complement and accentuate the food you match them with. Walk away with food and beverage expertise guaranteed to make all future dinner parties and beer-centric gatherings a tasty success.

#### Lil Beaver Brewery Instructor

1973 Sec. A      Thursday 3/3, 6-8PM  
Lil Beaver Brewery  
\$35 (plus \$15 supplies fee paid to instructor)

### Wok it Out: The Art of Stir Frying NEW!

Let's talk veggies! Discover delicious and convenient new ways to incorporate more vegetables into your daily diet through the art of stir frying. Unlock the superpower of spices and find out how adding the right amount at the right time will boost the flavor of any fresh produce ... and even make you like vegetables you haven't tried before! Test and collect new recipes for veggie curries, potato stir fry, and green bean stir fry, then get ready to replicate them at home.

#### Anuja Deshpande

1887 Sec. A      Tuesday 3/8, 6-9PM  
SCB Rm 1802  
\$45

## Meet Our Instructors:



Michelle Schneider

**Bio:** "I am a wife, mother of two, and owner of Compassionate Crumbs in Normal. I worked in nonprofit event management for several years after college, then transitioned to life as a stay-at-home mom (my most challenging job yet!). Compassionate Crumbs began in 2018 as a creative outlet to feed my soul and bring smiles to others with tasty treats. It has since grown into an amazing vehicle for sharing passion, creativity, and crumbs with my community."

**What she teaches:** Since last summer, Michelle has taught young and old how to make delicious dishes. Her class offerings were sweet with Desserts Around the World: 3-5, Desserts Around the World: 6-8, A Christmas Cookie Extravaganza, Homemade Bread Fresh from Your Oven, Halloween Cookie Decorating, and How to Make Cocoa Bombs. Michelle will be teaching three new classes this winter: Scones Galore, Three in One Bread Dough: 6-8, and Valentine Cookie Decorating. Check out her current classes on pages 22, 28 & 29.

*"I love passing on what I have learned in my experiences to others, which is why I love teaching at HCC! When you leave my classroom, you will have all the tools and tricks you need to feel more confident in your ability as a baker in your own home kitchen."*

# Personal Finance



## Maximizing Your Social Security Benefits

Don't guess when it comes to your retirement benefits. In this class, you will learn how to get the most out of your Social Security. Understand the importance of timing, including when to start receiving benefits and when to start drawing them. Discuss how factors like age, job, taxes, and marriage status play a role in your Social Security decisions, and leave equipped with personalized steps and strategies for overseeing your benefits.

**Bernie Wrezinski**

2008 Sec. A      Monday 3/7, 6-7:30PM  
WDC Rm 1402  
\$15

## IRA & 401(k) Rollovers

Finding out what to do with an individual retirement account (IRA) or 401(k) rollover can unlock plenty of financial questions. Discover the ins and outs of consolidating your assets and tax implications by delving into IRS section 525. Learn how to access your retirement accounts for current needs and leave class with the knowledge to make informed decisions about your financial future.

**Tyler Wrezinski**

2010 Sec. A      Wednesday 2/23, 6-7:30PM  
WDC Rm 2004  
\$15

## What Medicare Means for You

If your next birthday cake has 65 candles on it, then you have a whole new healthcare world to navigate. Knowing what Medicare is and what it's not is very important. This class will answer questions about how your current health insurance figures into your transition, if you need a Medicare supplement policy, and what Medicare Advantage is.

**Carol Burroughs**

2012 Sec. A      Tuesday (2 sessions), 2/8-2/15, 6-8PM  
WDC Rm 1402  
\$25

## — ed2go —

### Real Estate Investing

Discover how to make money in real estate, even if you have little to start with. This course includes specially designed worksheets and hands-on activities to take the guesswork out of your investing in the real estate market. By the end of the course, you will be working toward your first (or next) deal.

**\$100 [ed2go.com/hcc](http://ed2go.com/hcc)**

## Mitigating the Cost of Long-Term Care

Individual long-term care encompasses both medical and non-medical needs. Get educated about your long-term care options in this class as you plan for independence and a high quality of life. Discuss long-term care (LTC) by the numbers, federal LTC programs, activities of daily living, qualifying for low/no cost coverage, LTC insurance alternatives, Medicaid planning, and LTC during retirement. Learn what you need to know today for yourself or your loved ones.

**Karson Lueck**

2014 Sec. A      Wednesday 3/23, 6-7PM  
WDC Rm 1402  
\$15

## Intro to Personal Income Taxes

Learn the ins and outs of doing your personal income taxes. Find out about gross income, deductions, and progressive and flat tax rates. Explore timely topics such as stimulus packages and changes in tax law, as well as cryptocurrency, credit card rewards, and more. Read through court cases to draw connections to your own financial situation and solidify your heightened tax IQ. Walk away with a comprehensive review of federal and state personal income tax practices.

**Christian Cyphers**

2097 Sec. A      Wednesday (3 sessions), 3/2-3/16, 6-8PM  
WDC Rm 2004  
\$45

# Language & Communication



## American Sign Language II

Continue to develop and practice your expressive and receptive skills through group activities and dialogues using American Sign Language (ASL). Whether you're taking this class to communicate with a friend, family member, or colleague, considering a career in interpreting, or for personal development, you'll expand your ability to converse in sign. This course will continue to use the same book from *Sign Language I*. This course is worth 12 PD hours.

**Sheryl Kaiser**

**2104 Sec. OA**      **Thursday (8 sessions), 2/10-3/31, 6-7:30PM**  
**ZOOM**  
**\$89 (plus text)**

## Conversational German

Sprechen Sie Deutsch? Whether for travel, business or personal development, this course is perfect for those who wish to learn the language of Germany. You'll explore the basics of reading, writing, understanding and speaking German with special emphasis on useful phrases and vocabulary for everyday situations.

**Val Higby**

**2157 Sec. A**      **Tuesday (8 sessions), 2/8-3/29, 6-8:30PM**  
**WDC Rm 2004**  
**\$139**

## Intermediate Creative Writing

Level up your creative writing repertoire. Find and pinpoint your unique writing voice as you get exposed to more genres of writing and experience focused workshops. Feel constructively challenged and encouraged to explore new approaches to storytelling and composition. Discuss what publication options exist for when you're ready to take the next step toward authorship!

**Zeke Jarvis**

**2109 Sec. A**      **Tuesday (4 sessions), 2/22-3/15, 6-8PM**  
**WDC Rm 1402**  
**\$59**

## Beginner Blogger Workshop

Blogging is one of the most powerful forms of modern communication, used to showcase expertise and, when done right, gain the attention of industry insiders and earn you recognition as a thought leader. Learn how to get started and what tools you need to be successful and gain readership. Find your blogging niche and leave with all the necessary knowledge to begin building your platform and connecting with audiences from all over!

**Julie Navickas**

**2088 Sec. A**      **Monday 3/7, 6-8PM**  
**WDC Rm 1006**  
**\$19**

## The Making of a Memoir: Writing Your Life Story

You have a story worth sharing. Put it into words — take time to recall and record personal moments and memories for your loved ones to enjoy for years to come. In this course, you will receive examples and training on the seven major memoir styles. Once familiar with each, you will be able to choose the writing style that best suits you and take away strategies for organization and framing of your story.

**Shirley Splittstoesser**

**2159 Sec. A**      **Monday (2 sessions), 3/14-3/21, 6-8PM**  
**WDC Rm 1006**  
**\$29 (plus supplies)**

— ed2go  —

## Writing Essentials

Become the stellar wordsmith you've always wanted to be! In this course, you will master the essentials of writing and develop skills to take your business communications and creative literary talents to the next level. With the knowledge and hands-on practice you gain, you'll walk away able to express yourself clearly and persuasively in writing.

**\$135 [ed2go.com/hcc](https://ed2go.com/hcc)**



Credit: NASA/MSFC/David Higginbotham



## Explore Galaxies Near & Far: Grades 3-5 NEW!

The solar system is ready for its close-up! Dive into the newly-launched James Webb telescope to see what makes it so unique and able to see into galaxies far, far away. Explore the planets in our solar system and what we've learned about them from rovers, telescopes, and probes. Build a paper 3D model of the James Webb telescope that you'll get to take home!

### Challenger Learning Center Instructor

**2135 Sec. YA** Monday 2/21, 9AM-4PM  
Challenger Learning Center  
\$55 (bring a sack lunch)

## The Joy of Art: Grades 4-9 📍

Explore art in an environment where you can work in your own unique direction. Enjoy different art mediums as you learn sound art fundamentals, including drawing, painting, and sculpture. Leave with a new appreciation for all art forms and ready to tackle more projects on your own.

### The Little Art School Instructor

**2166 Sec. YA** Wednesday (6 sessions), 2/2-3/9, 6-7:30PM  
The Little Art School  
\$155 (includes supplies)

## Ukulele Powers: Unlocked Grades 5-9

By learning to play the ukulele, you not only pick up a rewarding and creative hobby, you also gain the musical power to make anyone's day better. Learn the basics of the instrument as you explore and practice chords, strumming, and melodies in this class. Understand how to take care of a uke so that its music making can be maintained for years to come. Bring along your own ukulele, strap and music stand to join along in this laid-back, easy and fun pastime!

### Sophie Walker

**2122 Sec. YA** Thursday (6 sessions), 2/10-3/17, 6-7:30PM  
WDC Rm 1006  
\$75 (plus supplies)

## SPRING BREAK Grades 3-5

## Strike a Chord: Guitar for First-Timers NEW!

Fall in love with playing the guitar and take the music with you wherever you go! Learn about this classic instrument and master the basics: how to tune, strum, and how to comfortably position guitar while playing. Practice reading music and playing basic chords and notes so you can continue exploring the instrument and making music on your own. Leave well on your way to becoming music's next icon!

### Jackson Miller

**2124 Sec. YA** Mon-Thu (4 sessions), 3/21-3/24, 1-4PM  
WDC Rm 2004  
\$105 (plus supplies)

## Captains of the Kitchen


Step into the shoes of a chef. Unleash food imagination and brush up on some new skills as you learn to make fun snacks like a pro. Explore how to take stock of the food you already have and combine them into something delicious! After collecting cooking techniques and kitchen safety tips, you will be ready to help make meals at home — and maybe even become the new captain of your family kitchen!

### Chemberly Cummings

**2041 Sec. YA** Mon-Thu (4 sessions), 3/21-3/24, 9AM-12PM  
SCB Rm 1802  
\$155

## Connect. Engage. Learn.

Bring the learning adventures home. Follow Kids@Heartland on Instagram!

 Instagram: @kidsatheartland

# SPRING BREAK

## Grades 6-8

### Voyage to Mars NEW!

Find out what it takes to launch a NASA mission and set your sights on the Red Planet. You'll train like an astronaut, learning what goes into planning a space crew's equipment, nutrition, and other daily needs — even designing space to hang dirty clothes in space! You'll examine spacesuits and other materials to make sure they'll help the mission. Then, you blast off to Mars where you'll test drive a digital rover, explore the hypothesis of water's previous existence on Mars, and return to Earth understanding why our planetary neighbor is so beneficial to studying other worlds.

#### Challenger Learning Center Instructor

**2137 Sec. YA** Monday-Thursday (4 sessions), 3/21-3/24, 1-4PM  
Challenger Learning Center  
**\$135**

### Babysitter Training

Get the training you need to launch your babysitting business! Learn life-saving skills like how to rescue someone who's choking and what to do during severe weather. Gain best safety practices and first-aid care. Better understand child behavior patterns according to their development stage. Leave with a CPR certification from the American Heart Association and a Safe Sitter completion card, along with methods to grow your babysitting business.

#### Dawn Wilson

**2111 Sec. YA** Friday 3/25, 9AM-4PM  
WDC Rm 1006  
**\$119 (bring a sack lunch)**



### Discovering Digital Photography

Discover your love for digital photography. Get to know your camera's various settings along with their purposes and effects. Learn to navigate your camera's options to enhance and personalize your images. Leave class with a sharper eye and a taste of what it's like to be a photographer! Have at the ready either an DSLR camera or a point-and-shoot with exposure-controlling options.

#### Kent Simpson

**1989 Sec. YA** Mon-Thu (4 sessions), 3/21-3/24, 9AM-12PM  
WDC Rm 1405  
**\$135**



### Staying all day for spring break learning adventures?

Take advantage of FREE Before & After Care.

**(8-9AM & 4-5PM) and Supervised Lunch (12-1PM)**

Otherwise, choose any Care session you need for \$15. Please sign up when you register.

## Kids@Heartland



### Just Dough It: Grades 6-8 NEW!

Whatever you do, do it with dough! Discover all that you can do with dough in this kitchen extravaganza. First, you will assemble bread dough from scratch. Then, use it to prepare cinnamon rolls, pizzas, and — you know it, you love it, you can't live without it — classic bread. Complete this course knowing how some of your favorite bread-based foods originated and excited to try even more delightfully doughy recipes at home! Those with gluten allergies should abstain from this course.

**Michelle Schneider**

1891 Sec. YA      Monday 2/21, 9AM-4PM  
SCB Rm 1802  
\$79

## Teens@Heartland



### Literacy Skills for College & Beyond: NEW! Grades 9-12

Enter college with confidence in your ability to write stellar research papers! Sharpen your academic writing with this crash course on conducting research, effective note-taking, and navigating digital library tools. Discover the most important literacy-based skills that will serve you through your undergrad years and propel you forward on your career path.

**Ryan Edel**

2086 Sec. YA      Thursday (3 sessions, does not meet 3/10), 2/24-3/17,  
6-7:30PM  
WDC Rm 1403  
\$39

## Adulting Day



### Join the Regional Office of Education #17 and Heartland Community College in the first "Adulting Day." Friday, April 22

"Adulting Day" invites high school seniors to Heartland's campus to learn different skills, tricks, and tools to make the next stage of their lives a bit easier. Students will have the opportunity to attend different breakout sessions led by local community leaders and businesses and learn about topics from finances to employment skills to personal health and wellness. Join us for a day of fun in a no-pressure environment as you dip your toes in the world of adulthood.



# Lincoln



## Valentine Cookie Decorating

Add some extra sweetness to your Valentine's Day! Learn "so-easy-anyone-can-do-it" techniques for decorating adorable, pre-baked sugar cookies that will make your loved ones' hearts burst with love — all without the hassle and expense of special equipment! Find out just how easy it is to create these V-Day treats, then take home the recipes and a handful of sweets to share (or eat on the way home).

**Michelle Schneider**

1975 Sec. AL      Wednesday 2/9, 6-8PM  
Heartland Community College Lincoln Rm 209  
\$39

## DIY Floral Centerpiece NEW!

Bring the beauty of spring flowers and a pop of color into your home with fresh arrangements you make yourself. Learn about seasonal flora and master how to make floral centerpieces to complement and embellish your entryway, dining room, mantel, or any spot you envision. Take home your arrangement in a favorite vase or small container you bring and bask in the brilliance it creates in your space.

**Anuja Deshpande**

2161 Sec. AL      Tuesday 3/29, 6:30-8:30PM  
Heartland Community College Lincoln Rm 403  
\$25 (plus \$5 supplies fee paid to instructor)

## T-Shirt Quilt NEW!

Make a quilt out of old T-shirts that are no longer being worn but have a special meaning. It is a great way to provide a keepsake! You should have basic sewing skills and will need to bring your sewing machine to class (a small number of machines can be available for use).

**Anna Catterson**

2034 Sec. AL      Wednesday (4 sessions), 3/9-3/30, 6-9PM  
Heartland Community College Lincoln Rm 209  
\$69 (plus materials)

# Pontiac



## Practicing Professionalism at Work

A true professional is one who adds value to their organization. In this session, cross check your professionalism against best practices. Learn how to positively influence coworkers and customers, relate to diversity, and adapt to various work environments. Understand how to use feedback to improve performance and be seen as a problem-solver. At the end of the session, you will have new tools that help you contribute to a healthy and positive workplace.

**Carol Burrell**

2053 Sec. AP      Thursday 4/14, 8AM-12PM  
Heartland Community College Pontiac Rm 220  
\$60

## T-Shirt Quilt NEW!

Make a quilt out of old T-shirts that are no longer being worn but have a special meaning. It is a great way to provide a keepsake! You should have basic sewing skills and will need to bring your sewing machine to class (a small number of machines can be available for use).

**Emma's Legacy Instructor**

2037 Sec. AP      Monday (4 sessions), 2/21-3/14, 6-8PM  
Emma's Legacy  
\$69 (plus materials)

**Connect. Engage. Learn.**

Stay connected with your lifelong learning community all year long.



Facebook: [continuingEd.hcc](https://www.facebook.com/continuingEd.hcc)

# Information/Registration

## 4 WAYS TO REGISTER



### Online:

Payment must be made by credit/debit card (Visa, MasterCard, Discover or American Express). Visit our website: [www.heartland.edu/continuingEd](http://www.heartland.edu/continuingEd)



### By Phone:

Call (309) 268-8160  
TDD number (309) 268-8030.  
Office hours: 8:00AM - 4:30PM, Mon - Fri.  
To register by phone you must pay by credit/debit card (MasterCard, Visa, Discover or American Express).



### By Mail:

Mail the completed registration form along with full payment to:  
Continuing Education  
Heartland Community College  
1500 W. Raab Rd.  
Normal, IL 61761



### In Person:

Bring completed form and payment to:  
Continuing Education  
Workforce Development Center  
Suite 2400  
Heartland Community College  
1500 W. Raab Rd., Normal, IL  
Office hours: 8:00AM - 4:30PM, Mon - Fri.

### Questions or suggestions?

Email: [continuing.education@heartland.edu](mailto:continuing.education@heartland.edu)



**Heartland Community College is a tobacco-free and weapons-free campus.**

### Registration Confirmation

You will receive a confirmation of your registration in the mail or via email. Confirmation will include a course schedule, receipt, map and other information specific to your class(es).

### Age Appropriate Guidelines

Unless otherwise stated, these classes are designed for adults ages 18 and over.

### Fees

Fees are payable in full at the time of registration. We accept cash, check or credit/debit cards.

### Conduct Expectations

We strive to provide excellent learning experiences in our Continuing Education classes. As a result, anyone exhibiting inappropriate behavior or disrespectful language may be dismissed without a refund. Please refer to the HCC Student Conduct Policy for details at [heartland.edu/studentHandbook/conduct.html](http://heartland.edu/studentHandbook/conduct.html)

### In-Person Classes

Heartland places a high priority on the safety of everyone in their facilities. We are taking precautions to help prevent the spread of the COVID-19 virus among the community and ask that you adhere to the College Standard of Care (find at [heartland.edu](http://heartland.edu)) for your on-campus activities.

In the event that we are unable to host your class in-person, we will do all we can to transition your course to a virtual format. Otherwise, you will have the opportunity to choose an alternative class or receive a full refund.

### Zoom Classes

To ensure a complete and valuable experience in your Zoom classroom, we recommend you use a device equipped with a functioning webcam such as a PC or laptop. Tablets and smart phones are permitted, but may not provide as meaningful an experience. Once you register for a course and provide a valid email address, you will be sent your Zoom link along with additional information to prepare you for your virtual class.

### Full or Canceled Classes

Please make sure we have your current contact information so we can notify you if classes are full or canceled. You may choose alternate classes or receive a refund.

### Refund Policy

Unless otherwise stated in the course description, you must drop a class no later than three working days before the first class session to receive a refund. No refunds or class credits will be issued after that time. Payments for course materials, supplies or textbooks are also non-refundable.

### Workforce Training Employment Policy

Heartland Community College does not guarantee employment upon completion of instructional programs. Students are responsible for researching relevant employment opportunities prior to registration. No refunds will be provided if a student fails to complete a course, does not pass a certification exam, or is unsuccessful at obtaining employment.

### Weather or Emergency Cancellation Policy

If Heartland Community College closes campus due to inclement weather or emergencies, Continuing Education classes will also be canceled. Cancellations will be announced on area radio stations and local TV stations.

Please complete a registration form for EACH STUDENT planning to attend class.

REGISTRATION FORM

Legal Name \_\_\_\_\_
Birthdate \_\_\_\_\_ [ ] Male [ ] Female
Address \_\_\_\_\_
City \_\_\_\_\_ State \_\_\_\_\_
Zip+4 \_\_\_\_\_ County \_\_\_\_\_
Home Phone \_\_\_\_\_ Work/Other \_\_\_\_\_
Email \_\_\_\_\_

The following demographic items are requested for state reporting:

Highest Degree Previously Earned:

- [ ] GED [ ] Bachelor's Degree
[ ] H.S. Diploma [ ] Master's Degree
[ ] Some College [ ] 1st Professional Degree
[ ] Certificate [ ] Doctoral Degree
[ ] Associate Degree [ ] Other

Ethnic Origin:

Are you Hispanic or Latino? [ ] Yes [ ] No
Are you from one or more of the following racial groups?
[ ] White [ ] American Indian/Alaskan Native [ ] Asian
[ ] Black/African American [ ] Native Hawaiian/Other Pacific Islander
Are you in the United States on a Visa-Nonresident Alien? [ ] Yes [ ] No
Please identify your primary racial/ethnic group from the choices listed above:
\_\_\_\_\_
If yes, please indicate Visa type \_\_\_\_\_
Country of Origin \_\_\_\_\_

Table with 3 columns: Course Code (4-Digit), Course Title, Fee. Includes four rows of input lines.

Total Fees \$ \_\_\_\_\_

For credit card payments please register online or call us at (309) 268-8160.

For Office Use

Date Received \_\_\_\_\_ Initials \_\_\_\_\_ EMPLID# \_\_\_\_\_



# Find Your Class

## Main Campus 1500 W Raab Road, Normal IL

- |   |   |
|---|---|
| <b>1</b> Community Commons Building (CCB)     | <b>7</b> Workforce Development Center (WDC)         |
| <b>2</b> Student Commons Building (SCB)       | <b>8</b> Child Development Lab (CDL)                |
| <b>3</b> Instructional Commons Building (ICB) | <b>9</b> Fitness & Recreation Center (FRC)          |
| <b>4</b> Instructional Commons North (ICN)    | <b>10</b> Astroth Community Education Center (ACEC) |
| <b>5</b> Physical Plant Building (PPB)        | <b>11</b> Normal Readiness Center (NRC)             |
| <b>6</b> Receiving and Storage Building (RSB) | <b>12</b> Corn Crib Stadium                         |



## HCC

Heartland Community College  
1500 W. Raab Road  
Normal, IL 61761

Challenger Learning Center at  
Heartland Community College  
Astroth Community Education Center  
1500 W. Raab Road  
Normal, IL 61761

• Letters represent parking lots

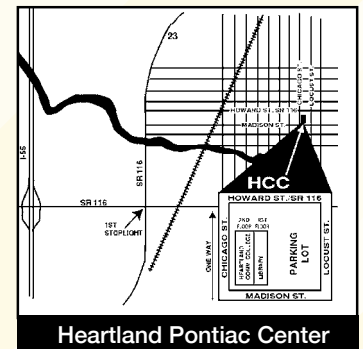
- ACEC-Astroth Community Education Center
- CCB-Community Commons Building
- CDL-Child Development Lab
- FRC-Fitness & Recreation Center
- ICB-Instructional Commons Building
- ICN-Instructional Commons North
- NRC-Normal Readiness Center
- SCB-Student Commons Building
- WDC-Workforce Development Center

## Off-campus

Lil Beaver Brewery  
5 Finance Drive  
Bloomington, IL 61704

The Little Art School  
Studios 3 & 4  
415 N. Main St.  
Bloomington, IL 61701

## Pontiac



Heartland Pontiac Center  
Heartland Community College  
211 E. Madison St.  
Pontiac, IL 61764

Emma's Legacy Heirloom  
741 W. Washington St., Ste. 1  
Pontiac, IL 61764

## Lincoln



Heartland Lincoln Center  
Heartland Community College  
2201 Woodlawn Road  
Lincoln, IL 62656



# Discover Heartland. *Discover Your Future.*

*Apply now for credit classes.*



HEARTLAND  
COMMUNITY COLLEGE

[\*heartland.edu/discover\*](https://heartland.edu/discover)

# HCC FUNNY RAISER

Comedy Night

You could use a good laugh.  
We can help!

Tickets at [heartland.edu/funny](https://heartland.edu/funny)

Friday, Feb. 25, 2022 • 6-9 p.m.  
Heartland Community College (ACEC)

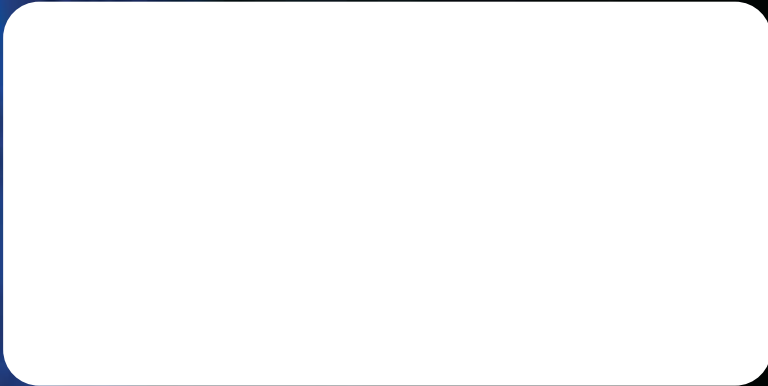


**HEARTLAND**  
COMMUNITY COLLEGE

# CONTINUING EDUCATION

YOUR PATH TO  
LIFELONG LEARNING

1500 W. Raab Road, Normal, IL 61761



Off to see the wizardry  
of weather

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Focusing in on  
eye care

Page 13



Get looped in  
on LinkedIn

Page 14



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Heartland Community College



@kidsatheartland